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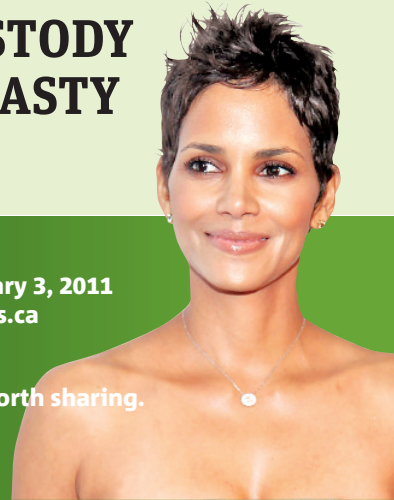
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**SIMPLE TO MAKE
SPICY HOISIN BEEF
INSTEAD OF CHINESE
TAKEOUT** {page 24}



**FIERCE MAMA
HALLE'S CUSTODY
SPAT GETS NASTY
DISH** {page 19}



CALGARY

metro 

Thursday, February 3, 2011
www.metronews.ca



News worth sharing.

Egypt. Conflict



► A supporter of embattled Egyptian President Hosni Mubarak rides a horse through the fracas between pro- and anti-Mubarak protesters yesterday in Cairo, Egypt.

CHRIS HONDROS/GETTY IMAGES

Airport tunnel to cost \$295M

- Council will make a decision on the project Monday
- Report outlines three options



**KATIE
TURNER**
CALGARY@METRONews.ca

The official cost of the airport tunnel is in and Mayor Naheed Nenshi said building the structure is the city's cheapest option.

According to Nenshi the actual cost of the project, which he has dubbed the airport underpass, will cost \$222.6 million, but a 30 per cent contingency for cost overruns brings the total to \$294.8 million.

If council votes down the tunnel, it's estimated that \$325 million to \$425 million would be required to improve the surrounding roads, and boring under a live runway at a later date would cost upwards of \$1.5 billion.

"The cost of doing nothing is higher than the cost of doing something," he said. "That makes the decision pretty clear in my mind."

A longtime advocate of the tunnel, Ald. Jim Stevenson agreed it would be illogical to vote against the project.

"Why in the world would we consider the do-nothing option when we know

More reaction

► Airport Trail access committee spokesperson Grant Galpin said it's a relief to see the official numbers for the tunnel. "We're pleased that there's some real numbers there and that those numbers include some contingency funds," Galpin said. "It's very comforting."

► Ald. Jim Stevenson said \$123 million will come from the city's Innovation Fund and an additional \$50 million has already been set aside for the project.

that we can build the tunnel for less than the do-nothing option?" Stevenson asked.

However, Ald. Gael MacLeod said she's still not convinced.

"\$300 million seems high," she said, adding that she had yet to see the final report. "My position on it during the election was no ... Now that I've got new information, perhaps I'll change my mind."

Regime opponents, backers clash

Thousands of people brawled in Tahrir Square as the unrest in Egypt took a violent turn. Story, page 8.

Brighten up for sunnier days

Two makeup looks that will make your face pop {page 20}

Laugh with Cheech, Chong

Legendary comedy duo bring act to Calgary {page 13}

There's just something about being in the west.

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Roommate torture case to go to trial

An Alberta judge has ordered a man who is accused of mutilating, beating and starving his former roommate to stand trial.

Dustin Paxton, 30, stared off into space and rocked back and forth slightly throughout most of the proceedings yesterday. He didn't appear to snap to attention until Justice Brian Stevenson began to list off the charges Paxton will be tried on.

The judge's decision came two days after the conclusion of a preliminary hearing held to determine if there was enough evidence to go to trial. Stevenson ruled there was enough to proceed on 11 of 13 charges, which include aggravated assault, forcible confinement, sexual assault, sexual assault causing bodily harm and assault with a weapon.

The charges relate to separate alleged attacks against four individuals, including the roommate. "We got what we wanted," Crown prosecutor Joe Mercier said afterwards.

An arraignment to set a trial date is scheduled for April 1. Mercier said a lengthy trial is likely to be held in the fall.

"We expect it to last at least five or six weeks minimum. It's going to be a long haul."

Paxton was arrested in late August after warrants were issued by police in both Calgary and Regina. He was initially accused of the aggravated assault and forcible confinement of his former roommate, who police say was tortured over a period of months before being dumped April 16 at a Regina hospital.

THE CANADIAN PRESS



► Kelly Porteous described herself as one of the lucky ones on her way back into her apartment.

Flood forces tenants out

► Broken line in southeast housing complex fills basement units with waist-high water ► Evacuated overnight, most residents allowed back



KATIE TURNER
CALGARY@METRONEWS.CA

Residents — most carrying garbage bags full of belongings — were taken back to an affordable housing complex in the southeast yesterday, after a flood forced them to evacuate the night before.

The flood filled nine basement units with waist-high water late Tuesday afternoon when a service line in the mechanical room broke, according to the Calgary

Fire Department. All 58 suites were evacuated Tuesday night and residents of all but nine suites were allowed back in yesterday at around noon.

"I was amazed by how quickly they responded," said resident Kelly Porteous, on her way back into her third floor apartment.

"All the water is gone; floors are dry. The carpets have been extracted," said cleanup crew employee Clive Clarke. "It will be mainly people's possession that are damaged."

Insurance adjusters

will be visiting the property later today but damages seem to have affected only the nine basement units.

"It's telling to the fact that having content insurance is very important," said Brian McAsey of the Fire Department. He recommended that anyone with more than \$2,000 worth of belongings in their house get insurance.

Porteous agreed. "It's time for tenant insurance — it is something I will definitely be looking into."

Relocation aid

- Calgary Homeless Foundation has found alternate housing for eight of the nine units damaged and expects to relocate the last shortly.
- Rents charged for the new units will be the same as that of the damaged units.
- Once known, calgaryhomeless.com will post details as to what the residents of the flooded apartments might need.

1

news



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The owner of the tour operator behind an alleged B.C. sled dog slaughter says it didn't order the shootings. More at metronews.ca

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Photo: Malawi, 2009 © Tim Freccia/CARE



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POLITICS

Griffiths to enter Tory race?

Despite plenty of support, MLA Doug Griffiths said he hasn't decided if he will throw his hat into the race for PC Party leader.

Griffiths said the phone calls of encouragement in addition to a Facebook page dedicated to supporting

him are "flattering" but he's weighing out his options.

"The one sense of responsibility to my family kind of pulls me in two different directions at the same time so that's a lot of stuff to sort out," he said.

While he said he's definitely thought about filling the premier's position, Griffiths said for the time being he wants to focus on the government work in front of him.

● KATIE TURNER

Showing support for Egypt's people

▶ Canadian government has sent flights to Egypt

▶ Protests in Egypt began 10 days ago



KATIE TURNER
CALGARY@METRONews.CA

Roughly 100 students lined the pathways at the University of Calgary campus yesterday to show support for the people of Egypt.

"Hey, hey, ho! Mubarak must go!" and "Freedom right now!" were among the chants shouted by the supporters, including Ahmed Faisal.

"We want justice for our people there," he said.

Faisal said his family and friends are in Cairo at the moment and since he wasn't able to be with them he wanted to show his support in Calgary.

"We are here and we are not forgetting," he said, adding a message to fellow



▶ Eyad Eldally, 4, was among those showing support of the people of Egypt yesterday at a rally at the University of Calgary campus.

Egyptians. "We are siding with you; you have to continue. We can not go back."

Dina Hassan brought her one-year-old son Khaled to the rally and said she hopes to one day move back to Egypt. "I want him to feel like he has to live in a better world," she said. "Egypt

is his home and he has to live there with freedom, democracy and all the human rights." Hassan said Egyptian President Hosni Mubarak should step down immediately. "It's enough for him (Mubarak)," she said. "He's been a criminal for 30 years."

Election

Egyptian President Hosni Mubarak announced Tuesday he will not run for re-election in September.

- ▶ **Rally** Many at yesterday's rally at U of C said Mubarak should step down immediately
- ▶ **Return** Around 120 Canadians left Egypt yesterday on two flights.
- ▶ **Injured** CBC cameraman Sylvain Castonguay was reportedly beaten by an angry mob during protests in Egypt yesterday before being rescued by soldiers.
- ▶ **Statement** The Canadian government issued a statement late yesterday urging Egyptian leaders to protect civilians and warned it better not be involved in organizing attacks.

Police ask for public's help

Calgary police are hoping for the public's help in solving nine unsolved bank robberies that occurred between March and July of 2010. They have released photos of the suspects online at the City of Calgary Newsroom and anyone with information is asked to call 1-800-222-8477. ● METRO

Pathologist review may delay trial

Reports suggest a Calgary murder trial scheduled to begin Monday could be delayed as a review is conducted into the work of pathologist Michael Belenky. Belenky reportedly worked on a case involving Shengjun An, who is charged with his wife's murder.

● METRO

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► Co-owner of Cowork YYC, Jeff Gibson and client Tabitha Beaton say working in an office space rather than at home, in a library, or out of a coffee shop helped them become more productive in their businesses.

Unique work setting benefits small businesses

► Cowork YYC opened in November 2009 ► The office space is located in the community of Ramsay



KATIE TURNER
CALGARY@METRONEWS.CA

While Cowork YYC has all the amenities of an office, it's definitely not your average corporate space, according to one client.

Tabitha Beaton runs a one-man emergency services consulting business, but her desk mates work in entirely different fields.

"I think for me, my business was expanding and I needed to find a space that was quieter because I have two small kids and home and that was no longer an option,"

\$450

The cost per month to rent a space at Cowork. The price includes a desk, chair, Internet service, access to a printer and community kitchen space.

"I think it contributed a lot to my business last year," she said.

Co-owner of Cowork YYC Jeff Gibson said he and his business partners started the company because they were looking for a non-corporate environment outside the house.

"It was kind of really personally generated and we figured there were a lot of other people out there like Tabitha and like our other clients that needed an affordable space to come."

For more information, visit coworkyyc.com.

said Beaton.

She is one of 17 small business owners and freelancers that rent a space at Cowork YYC and Beaton said the creative environment has helped her business flourish.

MAYERTHORPE INQUIRY

RCMP rethink training

The RCMP's second in command says the ambush murder of four Alberta Mounties has led them to rethink how to secure a crime scene and better prepare officers to expect the unexpected.

"We've enhanced our training ... with respect to scene security, in that officers are now taught scene awareness," senior

Deputy Commissioner Rod Knecht told reporters yesterday, a day after testifying at the Mayerthorpe fatality inquiry.

Knecht said cadets are taught to think outside the box about what could happen and what other dangers might exist, and to not get tunnel vision and focus on one specific suspect or threat.

"Be more aware of what's going on around you," said Knecht. "See the totality of your circumstances and the environment in which you're functioning."

THE CANADIAN PRESS

Big Rock opens for night tours

Night tours will now be available of Big Rock Brewery due to public demand.

Up until now, tours of the popular brewery were only available Tuesday, Wednesday and Thursday afternoons but a new time slot — Tuesdays at 5:30 p.m. — is now being introduced. The two-hour tour involves an explanation of the brewing process and a tasting. Tickets are \$35.

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EGYPT FALLOUT

China: Don't get any ideas

The protests in Egypt are about free elections and overthrowing a longtime dictator? Not according to China's state media, which is painting them as the kind of chaos that comes with Western-style democracy.

The recent uprisings in Egypt and Tunisia are

no doubt giving pause to many authoritarian regimes, but nowhere else appears to be as determined to control the message as China.

Newspapers can only publish accounts of the protests from the official Xinhua News Service, a policy often invoked on stories the government considers sensitive. Censors have blocked the ability to search the term "Egypt" on microblogging sites, and deleted comments that draw parallels to China.

THE ASSOCIATED PRESS

U.S. lauds news out of Yemen

Obama administration officials told The Associated Press that Yemeni President Ali Abdullah Saleh's announcement yesterday that he would not seek another term in office or try to pass power to his son was "positive" and "significant."

THE ASSOCIATED PRESS

Mob attacks camera operator

A Canadian news cameraman was beaten by an angry mob in Egypt yesterday.

Sylvain Castonguay, of the CBC's French all-news network, was punched in the face and then swarmed and pummelled by dozens of people in Cairo before being rescued by soldiers.

THE CANADIAN PRESS

Protesters gunned down in Cairo square



► Pro-government demonstrators, below, clash with anti-government demonstrators, above, in Tahrir square, the centre of anti-government demonstrations, yesterday in Cairo.

► Protesters accuse regime of using paid thugs to crush uprising

Bursts of heavy gunfire rained into Cairo's Tahrir Square before dawn this morning, killing at least three anti-government demonstrators among crowds trying to hold the site after a dramatic assault hours earlier by supporters of President Hosni Mubarak, according to a protest organizer.

Sustained bursts of automatic weapons fire and powerful single shots rattled into the square starting at around 4 a.m. and continued for more than two hours.

Protest organizer Mustafa el-Naggar said he saw the bodies of three dead protesters being carried toward an ambulance. He said the gunfire came from at least three locations in the distance

Strong words

The notion that the Egyptian state may have co-ordinated violence against protesters prompted one of the sharpest rebukes yet from the Obama administration.

► "If any of the violence is instigated by the government, it should stop immediately," said White House press secretary Robert Gibbs.

and that the Egyptian military, which has ringed the square with tank squads for days to try to keep some order, did not intervene.

THE ASSOCIATED PRESS

Storm rages in Australia

The most powerful storm in a century ripped across Australia's northeast coast early today, blasting apart houses, laying waste to banana crops and leaving boats lying in the streets.

Authorities said they were surprised to learn at daybreak that no one had been reported killed, but cautioned that bad news could eventually emerge from communities still cut off after the overnight storm, which left several

10,000 More than 10,000 people fled to 20 evacuation centres.

thousand people homeless.

Emergency services fanned out as to assess the damage across a disaster zone stretching more than 300 kilometres in Queensland state, using chain saws to cut through trees and other debris blocking roads.

THE ASSOCIATED PRESS

Tories blitz on three fronts

Partisan attack ads paid for by the federal Conservative party weren't the only politically attuned television spots that began flooding Canadian airwaves in the middle of January.

A new volley of taxpayer-funded government advertising touting Canada's Economic Action Plan — the two-year-old, Tory-blue branding exercise that's supposedly in its final mop-up phase — began last month at exactly the same time as the Conservative party ads.

There are two sets of

"Canadian taxpayers should not be subsidizing what's essentially partisan political advertising."

GERRY NICHOLS, CONSERVATIVE PUNDIT AND FORMER COLLEAGUE OF HARPER AT THE NATIONAL CITIZEN'S COALITION

government ads. One has the Canada Revenue Agency appearing to link tax measures taken in 2006 to the Conservative government's Economic Action Plan of 2009.

The other has the federal Human Resources department spending big bucks to air prime-time Economic Action Plan ads touting job-skills training programs — even though the costliest of these programs were bank-rolled in January 2009 and are set to expire at the end of next month.

All three campaigns — the party's, the tax collector's and Human Resources' — began airing over a one-week period from Jan. 10 to Jan. 17.

THE CANADIAN PRESS

Partisanship

Plenty of media attention has been focused on the Conservative party ads and their attacks on Liberal Leader Michael Ignatieff.

► The series included a spot showing Harper at work alone in the ceremonial prime minister's office located just above the House of Commons foyer.

► That ad raised complaints that it abused the office of the prime minister for partisan purposes, and it was pulled from the party website this week.



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On February 9th, mental health is on everyone's lips.

One in five Canadians suffers from mental illness, impacting countless lives and taking a heavy toll on the nation's economy. But mental illness carries a stigma, and many who suffer won't get the help they need because they're too afraid to talk about it.

That's why I'm proud to support Bell Let's Talk Day on February 9th. For every text message sent and every long distance call made by Bell customers that day,* Bell will donate 5¢ to mental health programs.

Join me in the national conversation. Together, we can change attitudes and make a real difference. To learn more, please visit bell.ca/letstalk.

*Regular long distance and text message charges apply.



A stylized, handwritten signature of Clara Hughes in black ink.

Clara Hughes
Olympic champion



The Bay takes bite out of foodie biz

► Analyst says like Macy's, Bergdorf Goodman and Holt's, the eatery could become a destination in its own right

The Hudson's Bay Company wants to lure "die-hard foodies" through an upscale revamping of 24 in-store restaurants, part of a wider strategy to reposition as a higher-end department store.

The chain — which has recently introduced numerous chic clothing brands in an effort to change its image — said yesterday it is partnering with upscale

"We're going to have a variety of what you could call 'good-better-best' dining experiences."

THE HUDSON'S BAY COMPANY
CEO BONNIE BROOKS

restaurant operator Oliver & Bonacini and food services company Compass Group Canada.

The Bay said it wants the restaurants to attract "die-hard foodies" as well as provide higher quality options for shoppers during breakfast, lunch and dinner. CEO Bonnie Brooks said prices options won't necessarily change, because food will be sold at different price points. The restaurants that will get makeovers are located across Canada, and in-

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clude flagship locations in larger cities like Toronto, Montreal, Vancouver and Winnipeg, as well as smaller locations like Moncton, Regina, and Kelowna, B.C.

Ontario-based Oliver & Bonacini will focus on flagship locations in major Canadian cities.

THE CANADIAN PRESS

Superbowl. Ads



► GoDaddy.com Girl Jillian Michaels is seen during the filming production of the 2010 Super Bowl television commercial for GoDaddy.com.

DAMIAN DOVARGANES/THE ASSOCIATED PRESS

Wager it all on 30 seconds

GoDaddy.com, which registers domain names, was almost unheard of until it ran the most talked-about ad of Super Bowl XXXIX — a spoof of Janet Jackson's "wardrobe malfunction." While the Super Bowl is the biggest gambling event of the year, for many advertisers, buying time in the game is a wager that almost always pays off. Fox is charging about \$3 million US for 30 seconds of ad time this Sunday during Super Bowl XLV.

Electronics spending in 2010 down slightly

Canadians spent a total of \$11.5 billion on consumer electronics in 2010 with TVs and personal computers driving the sales.

But the NDP Group says overall spending on consumer electronics in Canada was down slightly last year — off 1.1 per cent from 2009.

NPDI Group's director of consumer electronics Mark Haar says prices for a number of products in "hot" categories for consumers have come down, which partly explain the year-over-year decline in spending.

For example, sales of flat panel TVs grew 19 per cent in 2010 versus 2009, while prices fell.

Haar says the average price of a 32-inch flat panel TV — the most popular size — was \$363 last December, versus about \$443 for the same period in 2009. In 2007, the same flat panel TV was \$720.

THE CANADIAN PRESS

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BARNEY'S VERSION NOT ABOUT SIMPSONS

He says ...

JOHN MAZEROLLE



Canadian film needs help — not because it's bad, but because it's good.

The Genie nominations were announced yesterday, revealing a roll call of films including *Incendies* and *Barney's Version* that stand up well against anything worldwide, be it *The King's Speech* or the double-rainbow guy.

At least I assume the Canadian films are great. I haven't seen them yet, and neither have most of you.

Therein lies the problem. While I will likely see both those films, you can bet that my chances of seeing any of the other Genie nominees is the same as me getting in line for

Twilight 4, the one where Edward Cullen comes out of the closet (but only when invited).

The problem is not Canadian films, which are usually excellent. It's that we, as a nation, suck at hype.

Filmgoers consume pop culture the same way people buy groceries: We go for what's at eye-level first, the less reaching the better. We will go to what has exciting trailers, fast food tie-ins, and off-camera controversy.

Subsidies for Canadian film should be used to put money where our mouths are — keeping Canadians talking about film all year round, no matter what the movies are. Here are a few ideas:

MCDONALD'S MEALS: There are difficulties promoting Canadian films, given their typical subject

matter. For instance, the great Canadian movie *The Sweet Hereafter* is a heartwarming story of incest, paralysis, and dead schoolchildren, which are difficult concepts to build a Happy Meal around, even with the damaged school bus toy. So I propose *Melancholy Meals* that embrace the ennui of a Canadian winter and give our children something bigger to chew on. For instance, you can have a burger your way, or you can have *Barney's Version*, complete with chewed-off cigar bits for dessert.

ADULT FILM TIE-INS: For example — *PassionDales*, or *Sex, Lies, And Videodrome*.

Finally, imagine the stirring scene if Ricky Gervais hosts the Genies.

Ricky Gervais: Good evening ... you bunch of sods!

Canadian crowd: He's right! We're sorry!

With the proper hype, the Genies could become just like the Oscars. People will have Genie pools where they try to guess the winner of Best Actor You Know From Somewhere, people will ooh and aah at what Gorden Pinsent is wearing this year, and the girl in the shower in *Porky's* will captivate during her lifetime achievement speech.

I even have an idea for my own movie.

I can't reveal too much right now, but let me whet your appetite with two words: Triple rainbow.

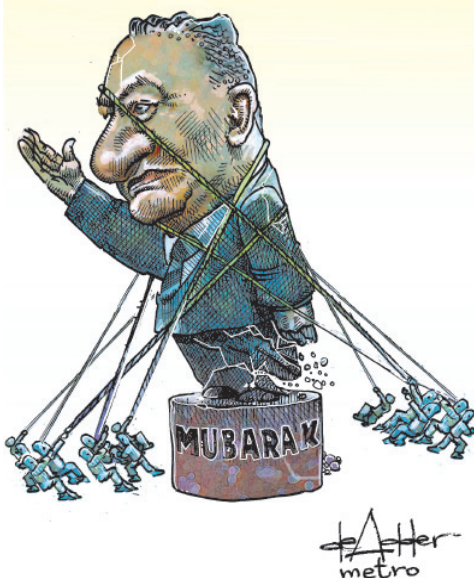


Read more of John Mazerolle's columns at metronews.ca/hesays

Cartoon

MICHAEL DE ADDER

TUG OF WAR



Who you gonna call?

Letters & Tweets

We asked: In honour of Groundhog Day, what's your favourite Bill Murray movie?

@dubstf: Scrooged. I watch this modern adaptation of Dickens' classic story every xmas eve because it's heartwarming & hilarious.

@MattHoekstra: Best Bill Murray flick? *Lost In Translation*. Captured the essence of foreign culture, and I like saying Scarjo.

@dantic: Scrooged and *Ghostbusters*, it's a dead heat.

@sunny_daze01: toss-up between *Caddyshack* and *Ghostbusters*.

@sunny_daze01: omg i forgot about Scrooged!! OK i change my vote to: "I like

Back off, I'm a scientist

UBERM00GLE2006/Flicker



ALL Bill Murray movies."
@regtiangha: *Lost In Translation*, *The Life Aquatic with Steve Zissou*, *The Royal Tenenbaums*, *Ghostbusters*.
@bgroundnoise: *Ghostbusters* IS the best. No debate. But *Life Aquatic with Steve Zissou* is good, too.

@Mel_Brown: My favourite Bill Murray movie was al-

ways *What About Bob?*

@boostventilator: It's a toss-up between *Rushmore* and *Garfield: A Tale Of Two Kitties*.

@harriscandott: My favourite Bill Murray classic is the holiday classic *Scrooged*. I never miss it on TV.

@williamcmurray: have to go with the little watched *Where The Buffalo Roam*.

What are your critical ingredients for a good Super Bowl party?

Email calgaryletters@metronews.ca
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Metro Minute at sportsmen's show

Outdoor enthusiasts will be showing off everything from fishing rods and hiking gear to full-sized luxury boats at the BMO Centre this weekend.

The Calgary Boat & Sportsmen's Show returns for another year, starting today. Last year's show drew more than 18,000 visitors.

The event runs from 1-9

p.m. today and tomorrow, 10 a.m. to 8 p.m. Saturday, and 10 a.m. to 5 p.m. Sunday. Admission is \$13 for adults, \$9 for children, \$8 for seniors and families of four can attend for \$34.

More information about the show, including a full list of exhibitors, is available at calgaryboatand-sportshow.ca.

● METRO



► Plenty of boats were on display at last year's Calgary Boat & Sportsmen's Show.

Trying to Get it Legal in Cowntown

► Cheech and Chong lighting up the Jubilee with their latest comedy tour

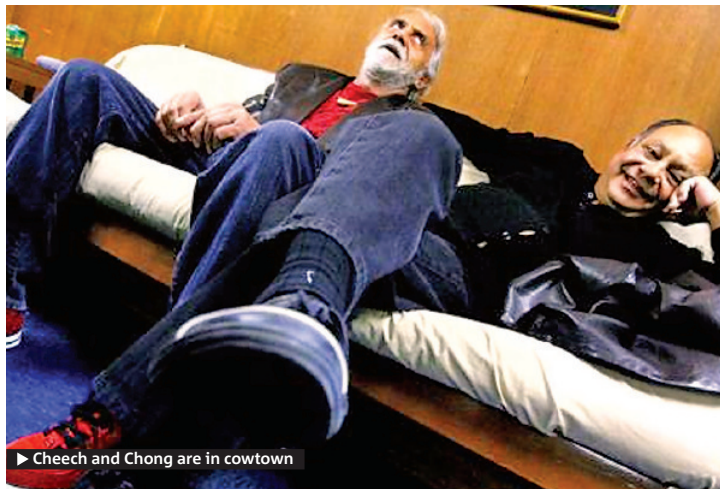
BACKSTAGE PASS

JENNIFER LARAWAY
METRO CALGARY



Whether you're pro-plant or not, Cheech and Chong's hilarious performance around the legalization of marijuana at least provides a night of laughs. Designed to educate through entertainment, Get it Legal is the touring reunion act of these culture classics. For better or worse, they are credited with creating the stoner movie era through legendary performances in Up in Smoke (1978), Cheech & Chong's Next Movie (1980), and Nice Dreams (1981).

But things weren't always seen through rose coloured glasses for this pair. In the early '90s, their friendship hit the skids. With differences between them, their niche careers stalled. After embarking on their separate projects, they catapulted themselves back into mainstream culture with a whole new generation of satire-loving fans. South



► Cheech and Chong are in cowntown

Park briefly brought this pair back together when they voiced an episode called Cherokee Hair Tampo. Wow...

With their reinstituted fame, Cheech and Chong are touring North America with their no-holds-bar comedy routine. Partnering with the Marijuana Policy Project (MPP) to promote informed policy changes, Cheech and Chong are making a brief stop in conservative Cowntown. Having the bongos to do that is worth a round of

Tommy Chong

Rough go of it

► Jail Tommy Chong's California business was raided by the feds in 2003, putting Chong in the slammer for nearly a year

applause in and of itself and begs one question: where's Snoopy Dog when you need him? Their show features classic skits and material developed over

the last quarter century. This limited engagement runs until Feb. 9 at the Southern Alberta Jubilee Auditorium (1415 14 Ave N). Tickets will run you between \$50 - \$80 and are available stubhub.com

Each week Metro takes you backstage with some of the biggest event personalities and talent this city has to offer. You can join the conversation on Twitter with @mediamindjen or to submit an upcoming event email: entertainmentcalgary @metro.ca

Sharpening your sweet tooth

Affectionately known as chocolate snobbery, Choklat prides itself as being the only choclatier in Western Canada to actually make its own chocolate.

With Valentine's Day right around the corner, you can skip the expensive flowers, card, balloons, stuffed animals, but you can't skip the chocolate. Win some serious points by booking a group or private chocolate snobbery reservation. Now that's an unforgettable Valentine's. It's also a pretty sweet deal at under \$40 per person. For all the rules and info (and there is a lot of both), visit sochoklat.com.

► JENNIFER LARAWAY

Cold Hill, Hot Party

Get out of your hibernation mode as CPC Bow River is hosting the Big Snow Blast from 6 - 9 p.m. on Saturday, Feb. 19.

Tickets are \$20 and include refreshments, entertainment, draws and prizes.

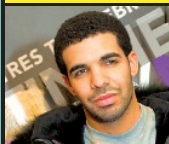
Tickets are limited so make sure to snag yours from their site: cpcbowriver.com

► JENNIFER LARAWAY

2

scene

Drake



For the second year in a row, Toronto rapper Drake will perform at the Grammy Awards. He'll take the stage with Rihanna, a year after performing alongside Lil Wayne and Eminem.

THE CANADIAN PRESS



Elton John tells Rolling Stone magazine Billy Joel needs serious rehab and tough love

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FRI FEB 4



BACK TO THE FUTURE
3:45pm

Directed By
Robert Zemeckis
116 Min.

1985
Starring Michael J. Fox, Christopher Lloyd
Presented In 2K Digital.



ALIEN
6:30pm

Directed By
Ridley Scott
117 Min.

1979
Starring Sigourney Weaver, Tom Skerritt
Presented In High Definition



ALIENS
9:10pm

Directed By
James Cameron
137 Min.

1986
Starring Sigourney Weaver, Michael Biehn
Presented In High Definition



PREDATOR
11:59pm

Directed By
John McTiernan
107 Min.

1987
Starring Arnold Schwarzenegger
Presented In High Definition

SAT FEB 5



**LORD OF THE RINGS:
THE FELLOWSHIP
OF THE RING**
12:00pm

Directed By
Peter Jackson
178 Min.

2001
Starring Elijah Wood, Ian McKellan
Presented In High Definition



**LORD OF THE RINGS:
THE TWO TOWERS**
3:30pm

Directed By
Peter Jackson
179 Min.

2002
Starring Elijah Wood, Viggo Mortensen
Presented In High Definition



**LORD OF THE RINGS:
THE RETURN OF
THE KING**
7:00pm

Directed By
Peter Jackson
201 Min.

2003
Starring Elijah Wood, Viggo Mortenson
Presented In High Definition



**BIG TROUBLE IN
LITTLE CHINA**
11:59pm

Directed By
John Carpenter
99 Min.

1986
Starring Kurt Russell, Kim Cattrall
Presented In High Definition

SUN FEB 6



THE GOONIES
1:00pm

Directed By
Richard Donner
114 Min.

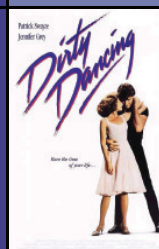
1985
Starring Sean Astin, Josh Brolin
Presented In High Definition



GHOST
4:00pm

Directed by
Jerry Zucker
127 Min.

1990
Starring Patrick Swayze, Demi Moore
Presented In High Definition



DIRTY DANCING
7:00pm

Directed by
Emile Ardolino
100 Min.

1987
Starring Jennifer Grey, Patrick Swayze
Presented In High Definition



**THE USUAL
SUSPECTS**
9:30pm

Directed by
Bryan Singer
106 Min.

1996
Starring Kevin Spacey, Benicio Del Toro
Presented In High Definition

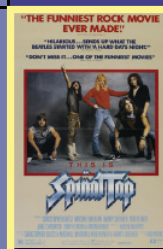
MON FEB 7



1979
Starring Sigourney Weaver
Presented In High Definition



1986
Starring Sigourney Weaver
Presented In High Definition



1984
Starring Michael McKean
Presented In High Definition



1980
Starring Dan Aykroyd, John Wood
Presented In Digital 2K

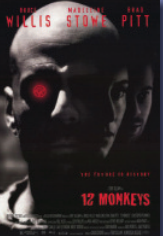
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FEB 7	TUES FEB 8	WED FEB 9	THURS FEB 10
ALIEN 1:00pm Directed By Ridley Scott 77 Min. Screenplay By James Cameron, Tom Skeritt Production By Ridley Scott	 RAGING BULL 1:00pm Directed by Martin Scorsese 129 Min. 1980 Starring Robert De Niro, Joe Pesci Presented In Digital 2K	 THIS IS SPINAL TAP 1:00pm Directed by Rob Reiner 82 Min. 1984 Starring Michael McKean, Christopher Guest Presented In High Definition	 GHOST 1:00pm Directed by Jerry Zucker 127 Min. 1990 Starring Patrick Swayze, Demi Moore Presented In High Definition
ALIENS 4:00pm Directed By James Cameron 117 Min. Screenplay By James Cameron, Michael Biehn Production By James Cameron	 THE GOONIES 4:00pm Directed By Richard Donner 114 Min. 1985 Starring Sean Astin, Josh Brolin Presented In High Definition	 THE BLUES BROTHERS 3:30pm Directed by John Landis 133 Min. 1980 Starring Dan Aykroyd, John Belushi Presented In Digital 2K	 THE USUAL SUSPECTS 4:00pm Directed by Bryan Singer 106 Min. 1996 Starring Kevin Spacey, Benicio Del Toro Presented In High Definition
THIS IS SPINAL TAP 7:00pm Directed by Rob Reiner 82 Min. Screenplay By Christopher Guest Production By Christopher Guest	 BACK TO THE FUTURE 7:00pm Directed By Robert Zemeckis 116 Min. 1985 Starring Michael J. Fox, Christopher Lloyd Presented In 2K Digital	 LETHAL WEAPON 7:00pm Directed by Richard Donner 110 Min. 1987 Starring Mel Gibson, Danny Glover Presented In High Definition	 RAGING BULL 6:50pm Directed by Martin Scorsese 129 Min. 1980 Starring Robert De Niro, Joe Pesci Presented In Digital 2K
THE BLUES BROTHERS 9:10pm Directed by John Landis 133 Min. Screenplay By John Landis Production By John Landis	 12 MONKEYS 9:40pm Directed by Terry Gilliam 129 min. 1995 Starring Bruce Willis, Brad Pitt Presented in High Definition	 THE HUNT FOR RED OCTOBER 9:30pm Directed by John McTiernan 134 Min. 1990 Starring Sean Connery, Alec Baldwin Presented In High Definition	 FIGHT CLUB 9:45pm Directed by David Fincher 139 Min. 1999 Starring Brad Pitt, Edward Norton Presented In High Definition
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- ▶ Today's latest bands appear in more commercials than ever
- ▶ How do they feel about going mainstream ... to sell autos?

Sell outs? or perhaps marketing geniuses?

During last year's Super Bowl, a song from the indie band Grizzly Bear played in front of an audience of millions — not during the half-time show, but during an ad for Volkswagen cars.

In the U.S., music acts teaming up with big business reflects the new eco-

nomics of music. What was once seen as selling out for cash, now just makes sense.

"Because everything is so instant now and people seem to always have their laptops and smart phones with them when they're watching TV, when a song that they like comes on in a

commercial, they can just look it up and buy it right then, and this is something that the artists realize," says Peter Shane, vice president of creative services for Spirit Music Group, a music company that specializes in placing songs into all sorts of media and works with

iconic catalogues by the likes of Lou Reed and T. Rex. Within the past few months, the U.S. audience has heard Edward Sharpe and the Magnetic Zeros performing Janglin for Ford or Vampire Weekend singing about how a holiday is the best time of the year to buy



▶ Left to right, Christopher Bear, Daniel Rossen, Ed Droste, and Chris Taylor of Grizzly Bear.

a Civic, and they may have also noticed that when Honda wanted to move their sport hybrid model, which they bill as "complete opposites in complete harmony," they picked the song Riot Rhythm by Sleigh

Bells, a duo whose metallic guitars and sweet cheerleader vocals could also be defined as complete opposites in complete harmony. Not unlike the way music and commercials coexist.

"The 'sell out' discussion

Risk-free investing. Yes, it does exist.

Release therapy for Ricky

Ricky Martin began writing a new CD, but then he had to stop.

The singer says he got so comfortable revealing his feelings — and his sexuality — that he needed to explore that in another way.

"When I started writing my music, in this cathartic process, I started writing my book ... and I had to stop doing music because what was coming out was really intense," Martin said.

His memoir, *Me*, hit The New York Times bestseller list in November. And while Martin says he'd love to release a book of photos next, he's putting out the album that somewhat served as the prequel to *Me*.

"Because of what I learned about myself with the book, I ended up writ-

20

Martin, now 39, has quite the resumé in music. He has sold more than 20 million albums in the United States, won a Grammy and toured the world.

ing the music for this album," he said of *Musica + Alma + Sexo*, his twelfth effort, out this week.

"For the first time in my life I was not forced to release an album."

The Puerto Rican singer said that kind of freedom allowed him to take risks and get emotional.

"There were emotions (and) it was not easy," he said. "You have to start

opening doors within your mind, opening doors and closing them (like), 'I don't want to go into that room ... Should I? No, but I have to,'" he recalled.

"It was very liberating (and) very healing."

Martin spent two years making the mostly Spanish CD, co-writing each track and reuniting with Desmond Child, the producer behind his hits *Living on a Prayer* and *She Bangs*.

He will support the disc when his U.S. tour kicks off in Puerto Rico on March 25 and wraps up on May 8 in San Diego. He says he plans to bring sexy back on tour.

"It's going to be a very sexual tour 'cause it is a sexual album. So let's just have fun and provoke," he said. Martin became a father

to twin boys through a surrogate mother two years ago. And he's looking to expand his family: "Of course I want daddy's girl. In a couple of years, not now."

He also said though his boys are young, they're catching the music bug. He's even open to them being teen singers like he did when he debuted in the boy band Menudo.

"I'm very lucky because my parents supported this ... If they didn't support me, today I would be so frustrated," he said. "I want (my kids) to be happy. I would never force them into anything ... What I'm trying to say here is that for many years I did things for others to be happy. I don't want them to go through that."

THE ASSOCIATED PRESS



▶ Ricky Martin says writing music helped him feel liberated.



"I think what you have is that the record industry is probably in the worst place it's ever been, but I think it allows for more creativity now. What you have now is other ways to get your music out and other ways to try to break an artist."

AMERICAN IDOL JUDGE AND MUSIC INDUSTRY VETERAN RANDY JACKSON

Target commercial.
"It was with very mixed emotions, because before that we didn't do any ads and we tend to say 'no' most of the time," she says. "It was strange to see

that it worked and that it had an impact and it makes people buy the music, which is good, but you would maybe rather they bought the music without the ad." ● METRO WORLD NEWS

Big money business

Breaking artists through commercials is the reason that Lloyd Simon has set up his new website, TheTapMusic.com. Simon, an entertainment lawyer and founder of MTV is responsible for pairing the

Dirty Vegas song Days Go By with Mitsubishi and putting Sting in a Jaguar for a 1999 ad that was a real game-changer for commercialized music. He says when it was more taboo for musicians to license their music to commercials, the pay was higher, but now, he estimates most licensing results in about \$10,000 to \$50,000.



A timeline of commercial music

- ▶ **1950s to mid-1960s**
In the first years of TV, musicians like Chubby Checker and the Rolling Stones promoted products.
- ▶ **1967**
The Who release The Who Sell Out, parodying the pairing of product placement and musicians.
- ▶ **1989**
Neil Young, pictured, is awarded Video of the Year by MTV for This Note's For You, a pledge of sorts to not allow his music in ads.
- ▶ **1999**
Play by Moby becomes the first album to have all of its tracks licensed for movies, TV or ads.
- ▶ **1999**
The Nick Drake song Pink Moon sells more than it did when he was alive after its use in a Volkswagen ad.
- ▶ **2002**
The White Stripes reportedly turn down several lucrative offers from The Gap to appear in a commercial.
- ▶ **2008**
Shazam, an app that IDs songs by snippets, is available for iPhone, enabling users to hold phones up to the TV when an ad comes on, to learn who recorded it.

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Barney's Version up for 11 Genies

Barney's Version has nabbed a leading 11 Genie nominations.

Paul Giamatti, who stars as Barney Panofsky in the big-screen adaptation of Mordecai Richler's last novel, received a nomination in the best actor category.

Co-star Dustin Hoffman, who plays his father, is up for best supporting actor.

Close behind Barney's Version was Denis Villeneuve's Incendies, which received 10 nominations.

The film, about twins who uncover secrets of their mother's past, was nominated for an Academy Award last week.

Other films scoring multiple Genie nominations included Splice, Heartbeats and The Trot-



▶ Actors Paul Giamatti, left, and Dustin Hoffman in the film Barney's Version.

sky. The Genie Awards, which honour the best in Canadian film, will be

handed out in Ottawa on March 10. Villeneuve swept the Genies last year with Poly-

technique, his haunting black-and-white account of the Montreal massacre. **THE CANADIAN PRESS**

Ready for season two

► Courtney Cox reveals to Metro the reasons why Cougar Town is so popular



With Courtney Cox's Cougar Town settling into its second season, the sitcom has gotten away from

its attention-grabbing title — especially now that Cox's character isn't dating younger men and is settling down with her neighbour and boyfriend, Grayson (Josh Hopkins).

Cox spoke with Metro about the changes the show

is going through, famous guest-stars and being a fan of wine.

What did you think of your character ending up in a long-term relationship so soon?

I think it's just a new approach. I'm so used to being

on Friends and other shows. It's a functioning relationship, but with two kind of really non-functioning people in some ways. I mean, Grayson doesn't really know how to have a relationship. This is brand new for him. And Jules, you



► Courtney Cox

know, she's already had a kid. There's a lot of things to explore within the relationship that won't necessarily keep you on the edge of your seat, but it will be dealing with real-life situations. I think it will stay, you know, relevant and fun.

When you started the series, did you do a lot of research on cougars or base Jules on anyone you know?

I think she's such a new cougar, she didn't know how to be one. She was like, 'Oh, wow. That guy is young and cute.' I didn't know how to do it, but no. My husband is seven years younger than me, so I've al-

ways — not always, but I've been with a much younger man for a long time.

When did wine become such a central part of the show?
You know, I do like wine, there's no question, and (creator) Bill (Lawrence) does like to take things from our personal lives and put them in the story, but he exaggerates. So yes, I like wine and yes, I might fill a glass more than other people. But then I think once something works, then he just runs with that ball and then that's what happens. And it's not that the wine is real — although sometimes it is. You know, late in the day sometimes.

Jules was quite insecure about her body image when the show started. Has her perception of her body changed?
She's pretty much still insecure about it, I think, as we all are. I mean, so many women are. We did certain episodes like the one with Lisa Kudrow where I didn't want to see this dermatologist — she's so good, but she's so mean to me. I think she is still just as insecure about stuff. But now she has a boyfriend and she probably feels a little better about herself because he makes her feel good.

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Sober coach goes to Sheen's house

► As Charlie gets treatment, Two and a Half Men crew is getting restless



GETTY IMAGES FILE

While Charlie Sheen is allegedly getting rehab treatment at home, his Two and a Half Men bosses are looking at getting back to work within a month, according to E! Online — and a lot of the crew are hoping it will be sooner.

"A lot of us do not get paid if we don't work," a source at the show says.

"So if he's off getting rehab or porn-ing or

whatever, screwed."

Meanwhile, Sheen is reportedly seeing a sober coach at his home because he has refused to go to actual rehab.

"He is at home now and those close to him are trying to get him to enter a facility," a source says.

"But he doesn't think he has a problem."



IN THEATRES FEBRUARY 11

METRO

Talking points

Fight for custody concerns Halle Berry

PEOPLE Halle Berry's custody battle with ex Gabriel Aubry is getting vicious, according to Us Weekly.

"Halle has serious concerns for her daughter's well-being while in the care of her father for any extended period of time and is prepared to take all necessary steps to protect her," a source says.

But Aubry is reportedly telling a different story, claiming that Berry is inattentive of their two-year-old daughter, Nahla, and is more

concerned with her love life, according to TMZ.

METRO



Celebrity tweets



Lindsay Lohan
[@lindsay-lohan]

Hate when i record a show, then i dont have the episode that follows it! then again, if thats my biggest problem... life's great!



Paris Hilton
[@Paris-Hilton]

Just got adjusted by my chiropractor Dr. Tom Marinaro. It's incredible what an adjustment does to you. I feel so much better! Dr. Tom rocks!



Conan O'Brien
[@Conan-O'Brien]

People always recognize me, even when I wear sunglasses. Maybe it's the "Talk to me, I'm Conan O'Brien" t-shirt.

METRO

Carey reveals sex of twins

Mariah Carey and Nick Cannon are not only expecting twins, but they're having both a boy and a girl, they revealed to Life & Style.

"Even before we announced it was twins, I was trying to keep everything gender-neutral," she said.

METRO



Is Something Not Quite Right?



Do You:

- Feel suspicious or paranoid?
- Get confused about what is real or imaginary?
- Have trouble concentrating or thinking clearly?
- Have problems with social activities, school or work?
- Hear sounds or voices that aren't really there?
- Have trouble communicating clearly?
- Feel that you are not in control of your own thoughts?
- See things that aren't really there?

If you have any of these symptoms and are between 12 and 30 years of age, you may be eligible to participate in the NAPLS study.

The NAPLS study is trying to learn more about what happens biologically and clinically when a person develops a psychotic disorder. Changes in mood, thinking and behavior may be the early signs that you or someone you know are at risk for psychosis.

If you are eligible for NAPLS, participating in this study will give you the opportunity to receive extensive mental health assessments and brain imaging.



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This study has been approved by the Conjoint Health Research Ethics Board (Ethics ID: 22020)



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3 life

Dos and don'ts

SPRING FORWARD

"For Spring, you will see a lot of colour - especially for the lips. I love a bright lip no matter the season! Use color boldly and play it up!"

"What you won't see this spring are muted colours or a strong lip and a strong eye together - it is one or the other, definitely not both! The 'artificial shimmer' is gone this season too."

GLOBAL MAKEUP ARTIST
CHARLOTTE WILLER



Jean Paul Gaultier isn't done. There are more movies to be inspired by, muses to court and corsets to sew.

► International makeup phenomenon Charlotte Willer stocks up for sunnier days with a little help from Maybelline cosmetics

The forecast calls for bright & beautiful

Sassy spring days



GET THE LOOK

- To begin, for the complexion, use Maybelline's FIT ME foundation to create a 'second skin' and even base.
- Define eyebrows: It is very important to frame the face — try Maybelline New York Define-A-Brow.
- Use FIT ME Illuminator on the eye lid for a soft even finish.
- On the eyes, use Maybelline's Volum' Express One by One Mascara with a light application on the lashes.
- For the cheeks, use FIT ME Medium Coral — apply with your fingertips.
- For the lips, define the lips using COLORsensation No. 630 Red Revolution to create a strong lip.

Smokey spring soirees



GET THE LOOK

- Begin with FIT ME foundation to create an even base.
- Define eyebrows using Maybelline New York Define-A-Brow.
- Line your eyes with Black Eye Liner Pencil or EyeStudio Gel Eyeliner in Blackest Black.
- Accent the eye with Maybelline's EXPERTWEAR Amethyst Smokes palette, using deep purple on the bottom of the eye. Continue with the deep colour on the lid and crease. Use the white shadow to highlight.
- Continue with Volum'Express One by One Mascara in black applying to the lashes and making the eyes more dramatic.
- For the lips, apply Maybelline's COLORsensation Pink Sand.
- Apply the FIT ME Light Pink to cheeks for a soft natural complexion.

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Where the hair hive beegan

► Before Audrey, Amy and Marge made the 'do famous, Margaret Vinci Heldt made the 'do up



As the 92-year-old retired hairstylist Margaret Vinci Heldt of Chicago tells it, Modern Beauty Shop magazine (now Modern Salon) was looking for a new design, something different to feature in its February 1960 issue. She came up with the beehive.

"I went home and I

thought, 'What am I going to do that hasn't done before?' Heldt says in an interview at her apartment in a suburban Chicago retirement community, scrapbooks filled with pictures of her hair designs stacked near the couch.

Inspiration came to her in a little black velvet hat, shaped like a small bump and lined on the inside with red lace. Heldt went downstairs to her family room one night while her family was sleeping. She put on a little music and started working with hair atop a mannequin head.

"Before you know it something was coming out," she said. "And I thought, 'I like this.'"

It became what the magazine called "the beehive." Now more than a half-century later, Heldt is garnering accolades and

attention. Today the hat sits atop a gold metallic hat box on Heldt's living room coffee table. The box reads "Lorraine's Footlight Hat Shop."

This March the trade group Cosmetologists Chicago will give its first scholarship in Heldt's name for creativity in hairdressing, and the Chicago History Museum is taking steps to include that velvet hat and mannequin into its collection.

The beehive became a cultural phenomenon during the 1960s and evolved into a style worn today as Hollywood's starlets walk red carpets.

"If it's done right it's so classic," said Jay Manuel, creative director and judge on America's Next Top Model.

THE ASSOCIATED PRESS

Rubbed the right way

Maximize your spa time with the help of TheKit.ca expert Danielle Edwards of Dermalogica Canada

Should you be in the buff or have undies on for a session at the spa?

"That's up to you, depending on your comfort level and, of course, the type of service," says Edwards. "There's no need to completely undress. Most spas tell you what to wear (or what not to wear) when you book the appointment. If they don't and you're unsure, ask to avoid potential embarrassment later." Our simple solution to the bare-or-not-to-bare question? A teensy thong.

What if you've been assigned a male practitioner and you're not comfortable?

First, keep an open mind. You might not know what you're missing. "The best way to avoid this situation is to be detailed with your requests when booking," says Edwards. "If you asked for a woman but are assigned a man when you arrive, you are well within your rights to request another therapist.

What can you do if your therapist talks too much?

"This is your time, so if your therapist is overly



chatty, communicate this," says Edwards. Our favourite silencer to help keep your zone zen? "Wow, this is so relaxing. I'm just going to snooze now." Or simply stop talking yourself. Your

silence can speak volumes.

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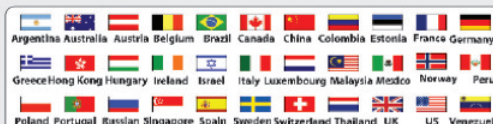
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Online retailers let you click 'til you drop

DECOR MOMENT



KARL LOHNES
HOME@
METRONEWS.CA

Everyone loves a great bargain on home decor items and there's no easier way to find deals during the winter than sitting at the computer. No slushy roads, crowds, stuffy stores and fighting for deals.

Online shopping is now easy, safe and most of all convenient. I purchase clothing, shoes, bedding, dishes, lighting and even my groceries online. I can shop when and where I want, plus have items delivered where I want (home, work, cottage or elsewhere). Here are some pointers to get you started

on your way to a more fashionable home via the web.

Finding a good website

When starting off, shop the websites of large, reputable retailers. If visiting non-retail e-sites then use referrals from friends who may have experienced a positive shopping experience with them.

Shop online with real stores, not just e-commerce style sites when starting out.

The real stores will often use their e-sites as clearance sites for outdated merchandise whereas sites that do not support a retail business usually do not have clearance stock.

Shop online with stores who you have physically shopped at before; you'll have a better idea about the quality of their products.

This is very important when buying things like bedding, clothing or shoes. Always shop with a website that offers a contact phone number on their site. If you have any ques-



► Shopping online from the comfort of home is especially convenient during the winter.

tions you can call them before ordering.

What to look for

Look for pop-up banners promoting special items and promotions that are happening on the site. Look for extra-specials like additional discounts off seasonal items or free shipping incentives.

What to buy

End of season items

(they'll be like new next year!), holiday decor, product you might already have but need more of like china or flatware, and bedding. Knowing that gold-tones are going to be hot next Christmas, I've gone online and purchased discounted holiday items in gold for next year; all with huge savings.

Paying for the goods

If you don't feel comfort-

able giving your credit card number online then call in your order to the customer help line. They can process your order verbally so that you don't have to enter your credit card information online.

Use your gift cards online. It's a safe way to pay for the items without having to share your credit card information. Or ask a friend who has already

shopped on the site and has an account.

Never click on the box that allows the retailer to keep your credit card information. Punch it in new each time you shop.

Some retailers will charge a large shipping fee to cover duty and brokerage fees. If so, you should be spending at least four times this fee to make it affordable.

Check out

My favorite sites:

- **urbanoutfitters.com**
Funky decor items, floor mats, decorative hooks and iPod cases.
- **sears.ca**
All the necessities like bedding, pillows, tablecloths and home tools.
- **restorationhardware.com**
Always great furnishings and lamps on sale.
- **anthropologie.com** Very unique tabletop items and drapery panels.

Make decorating decisions easier

The journey to the ideal wall colour or room style is fraught with angst. It doesn't help that decorating options are so extensive. Here are expert tips to make decor decisions a bit easier:

Look at yourself

Pay attention to what you're drawn to in magazines, other people's homes, TV shows. Think about the colours in your wardrobe, too. Chances are those colours and styles will translate into rooms you'll love. If your closet is full of simple tones and clean lines, then

neutral hues and tailored furnishings will appeal. If the drawers brim with pattern, let your home echo that exuberance.

Test-drive it

Test a large paint swatch on all four walls. The light, the room's orientation and the surrounding colours all have an effect on a paint shade. Bring home samples of window treatments, wall and floor finishes, even cabinet doors.

Size it up

Take a tape measure to the store, make sure the piece will fit your space, and sit

on it as you would at home. A leather sectional may look nice, but nobody's going to enjoy sitting on it if it's not comfy.

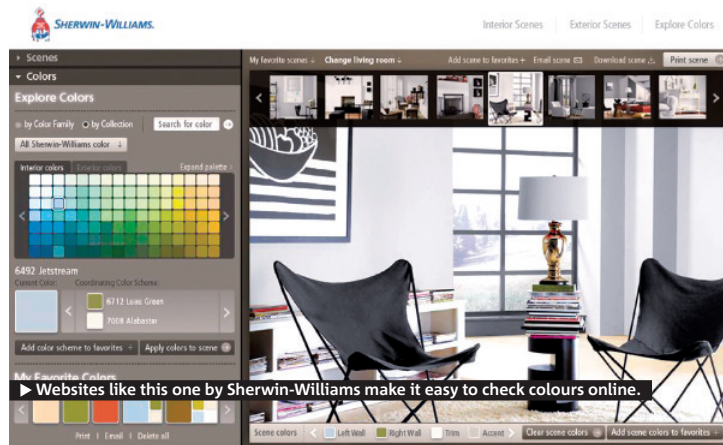
Go online

Benjamin Moore, Behr, and Sherwin-Williams among others offer online programs where you can overlay paint shades on different room styles.

Show your personality

After all, it's your home, no one else's. However you arrive at your decorating decisions, trust your instincts.

THE ASSOCIATED PRESS



► Websites like this one by Sherwin-Williams make it easy to check colours online.



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Heat up your Chinese New Year with Spicy Hoisin Beef and Noodles

◆ Ringing in the Year of the Rabbit doesn't have to mean ordering out. Make your own feast with this simple dish

Preparation:

1 Ginger Soy Noodles:

Bring a large saucepan of salted water to a boil. Add noodles and cook according to package directions. Drain and set aside.

2 Return saucepan to stove. Add sesame oil and heat over medium-high heat. Add ginger, bell pepper and scallions. Sauté for 1

minute; add noodles and soy sauce and toss well. Cover and set aside.

3 **Spicy Beef:** In a shallow bowl, stir together cornstarch and five-spice powder. Toss steak strips in mixture to coat.

4 In a deep skillet over high, heat oil. Sauté steak strips turning occasionally for about 3 minutes or until crispy

and browned. Drain off any excess oil. Stir in hoisin, chili-garlic paste and rice vinegar.

5 Serve beef over noodles. Sprinkle sesame seeds.

● EMILY RICHARDS, WITH FILES FROM THE ASSOCIATED PRESS

EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND TV CELEBRITY CHEF. FOR MORE ON EMILY, VISIT EMILYRICHARDSCOOKS.CA.

Ingredients:

Ginger Soy Noodles

- 2 pkgs (each 9 oz/255 g) fresh egg noodles (sold alongside produce and tofu)
- 2 tsp (10 mL) sesame oil
- 2 tsp (10 mL) minced fresh ginger
- 1 red bell pepper, sliced in-

to thin, 2-inch (5 cm) long strips

- 3 green onions, thinly sliced diagonally
- 3 tbsp (45 mL) soy sauce

Spicy Beef

- 3 tbsp (45 mL) cornstarch
- 1/4 tsp (1 mL) five-spice powder
- 1 lb (500 g) flank steak, cut

into 1/4-inch (5 mm) thick strips across the grain

- 1/4 cup (60 mL) vegetable oil
- 1/4 cup (60 mL) hoisin sauce
- 2 tbsp (30 mL) Asian chili-garlic paste
- 2 tbsp (30 mL) rice vinegar
- Sesame seeds (optional)



Yields: 6
Prep time:
40 minutes
Cook time:
40 minutes

► You can reduce the Asian chili-garlic sauce by half for a milder version of this dish.

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Weather forces practices indoors

► Packers learn that Texans are willing to pay big for their football

In need of an indoor facility worthy of a Super Bowl team, the Green Bay Packers turned to a high school.

Chilly temperatures, wind and ice forced the Packers to scrap plans to practise outdoors at Southern Methodist University yesterday and move to the \$4.5-million US indoor field at nearby Highland Park High School. With more cold weather expected, Green Bay is likely to remain on the school campus today and Friday.

"We feel like this will not affect us from a preparation standpoint at all," Green Bay coach Mike McCarthy said.

Highland Park's facility opened in August, and is comparable in quality to the one at Texas Christian University that the Pittsburgh Steelers moved into yesterday. Both buildings are NFL-calibre.

Such quality at TCU is one thing. But a high school?

That's how it goes in Texas, especially the Dallas-Fort Worth area. There are megamillion prep palaces all around, with a \$60-million outdoor stadium going up.

Highland Park is among the wealthiest suburbs in the nation, so the district could afford the pricetag. A \$1-million donation from the booster club helped, too.

"That's ridiculous," Pack-

ers receiver James Jones said. "We barely had a football field at my high school in California ... They need to send some of that extra cash out to California."

Daniel Sepulveda, a punter for the Steelers on injured reserve, actually happens to be an HPHS alum. Before his team worked out at TCU, Sepulveda sounded jealous that the Packers got to hang out near his old stomping grounds.

"It's crazy," Sepulveda said. "Small world."

Some Highland Park players and a few fans were waiting when the Packers bus arrived. Those hoping to watch from the sideline were out of luck as security kept everyone away.

THE ASSOCIATED PRESS

Icy relationship

It's a twist that ice in Dallas would cause problems for the Packers.

- **Ice in Green Bay** affected the Cowboys on Dec. 31, 1967 — the game known as the "Ice Bowl."
- **Green Bay** beat Dallas on a last-minute play, with a trip to the second Super Bowl on the line.
- **The Cowboys** may have a \$1.2-billion stadium capable of hosting the Super Bowl, but they are among 10 NFL teams without an indoor practice facility.



► Packer Clay Matthews stretches with teammates during practice yesterday.

ERIC GAY/THE ASSOCIATED PRESS

4

sports

Flames preview

Flames at Thrashers
5 p.m.
TV: Sportsnet
Radio: AM 960



The Flames (30-13-6) are after a sixth straight win and have climbed back into the Western Conference playoff race. After visiting Atlanta, they head home for a four-game stretch.



Times are tough for the Thrashers (24-20-9) who are 2-5-3 over their last 10 games. They are embarking on a crucial stretch where 12 of their next 16 games are against teams lower down in the standings.

THE CANADIAN PRESS

End of the line for Stampeders' Lazeo

The Calgary Stampeders offence has lost a second player to retirement in as many weeks.

Offensive lineman Rob Lazeo followed receiver Ryan Thelwell in announcing that the 2010 CFL season was his last.

The 37-year-old from Abbotsford, B.C., played 14 seasons in the league, finally winning a Grey Cup in 2008 with the Stampeders. Lazeo was also named a West Division all-star that

"To any young guys coming into the league, never give up on your dreams and go to the whistle."

ROB LAZEO

season.

"I feel like I could probably play another year, but who doesn't?" Lazeo said yesterday.

"Your heart tells you one

thing, but your body tells you another."

Lazeo will remain in Calgary with his wife and two children, and is joining former Stampeders offensive linemen Jamie Crysedale and Jeff Pilon in the company Gridiron Drilling and Blasting.

Lazeo was part of a Stampeders offensive line that helped Joffrey Reynolds win consecutive league rushing titles in 2008 and 2009.

THE CANADIAN PRESS

Sports in brief



Steeler gives himself 75% chance to play

NFL Pittsburgh Steelers rookie centre Maurkice Pouncey sat out practice yesterday but expects to

play in the Super Bowl.

He sustained a high left ankle sprain in the AFC championship game.

THE ASSOCIATED PRESS

Belichick top coach again

AWARDS. New England coach Bill Belichick has won The Associated Press 2010 NFL Coach of the Year award, the third time he has earned the honour.

He led the Patriots to a 14-2 record and received the award for the third time after also winning it in 2003 and 2007.

THE ASSOCIATED PRESS

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d-Tampa Bay	52	32	15	3	2	158	154	69	17-11-1	15-11-2-1	7-3-0-0	W6
d-Boston	51	29	15	2	5	155	114	65	13-9-1-2	16-6-1-3	7-3-0-0	W2
Pittsburgh	52	33	15	2	2	161	117	70	18-9-1-0	15-6-1-2	7-3-0-0	W4
Washington	52	27	15	5	5	142	132	64	16-5-2-5	11-10-3-0	3-3-2-2	L3
Montreal	52	29	18	4	1	136	127	63	17-6-1-3	12-12-1-0	6-2-1-1	W2
NY Rangers	53	29	20	2	2	151	130	62	12-11-1-2	17-9-1-0	5-5-0-0	L2
Atlanta	53	24	20	3	6	153	170	57	12-10-1-4	12-10-2-2	2-5-1-2	L1
Carolina	51	25	20	2	4	155	158	56	13-9-1-1	12-11-1-3	5-5-0-0	L1
Buffalo	49	23	21	5	0	137	144	51	11-12-1-0	12-9-4-0	7-3-0-0	W2
Florida	51	22	23	2	4	136	138	50	11-8-2-3	11-15-0-1	3-3-1-3	L3
Toronto	50	20	25	3	2	128	156	45	16-11-0-0	9-14-0-1	4-5-0-1	W1
Ottawa	52	17	27	5	3	114	169	42	9-15-2-2	8-14-2-1	1-7-1-1	L8
NY Islanders	51	16	28	3	4	123	166	39	8-12-1-1	8-16-2-1	1-7-0-0	L1
New Jersey	50	17	30	2	1	103	145	37	10-13-1-1	7-17-0-1	7-2-1-0	W1

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Vancouver	52	33	10	4	5	175	122	73	16-7-1-1	15-7-3-1	5-2-1-2	W4
d-Detroit	50	31	13	4	2	173	148	68	15-6-3-1	16-7-1-1	6-3-0-1	W2
d-Dallas	51	30	16	1	4	148	141	65	16-7-1-3	14-9-0-1	6-3-0-1	L1
Nashville	51	27	17	4	3	136	122	61	11-4-3-3	16-13-1-0	5-4-0-1	L3
Anaheim	52	28	20	2	2	140	146	60	17-7-1-0	11-13-2-1	7-3-0-0	W2
Phoenix	53	25	19	6	3	149	151	59	10-10-3-2	15-9-3-1	4-6-0-0	L2
Chicago	51	27	20	2	2	164	145	58	16-13-0-0	11-7-2-2	6-3-0-1	W1
San Jose	51	26	19	4	2	144	141	58	13-10-2-1	13-9-2-1	5-4-0-1	W1
Minnesota	50	26	19	1	4	131	134	57	12-11-0-2	14-8-1-2	6-4-0-0	W2
Colorado	50	25	19	6	0	161	165	56	14-11-3-0	11-8-3-0	4-5-1-0	L1
Los Angeles	52	28	22	1	1	146	126	58	17-9-1-0	11-13-0-1	5-4-0-1	W1
Calgary	52	25	21	2	4	147	154	56	14-9-0-1	11-12-2-2	7-1-1-1	W5
St. Louis	49	22	20	3	4	130	146	51	15-8-1-2	17-12-2-2	2-7-1-0	L4
Columbus	50	23	22	3	2	134	159	51	12-12-0-1	11-10-3-1	3-5-1-1	L2
Edmonton	50	15	27	1	7	123	171	38	7-14-1-3	8-13-1-3	2-7-0-1	L2

d = division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results

Detroit 7 Ottawa 5
Pittsburgh 3 N.Y. Islanders 0
Montreal 3 Florida 2
Vancouver 6 Phoenix 0
Los Angeles 3 Edmonton 1
San Jose at Anaheim

Tuesday's results

Calgary 3 Nashville 2 (SO)
Montreal 3 Washington 2 (SO)
Toronto 4 Florida 3 (SO)
Vancouver 4 Dallas 1
New Jersey 2 Ottawa 1
Boston 3 Carolina 2
Chicago 7 Columbus 4
Minnesota 1 Los Angeles 0 (SO)
N.Y. Islanders 4 Atlanta 1

RED WINGS 7, SENATORS 5

First Period
1. Ottawa, Kovalev 10 (Gonchar, Karlsson) 1:15 (pp)
2. Detroit, Franzen 22 (Sale) 6:52
3. Detroit, Franzen 23 (Zetterberg, Bertuzzi) 7:40
4. Ottawa, Regan 2 (Kovalev, Campoli) 8:40
5. Ottawa, Campoli 2 (Alfredsson, Foligno) 11:12
Penalty — Kronwall Det (slashing) 0:32.
Second Period
6. Detroit, Draper 5 (Eaves, Helm) 10:36
7. Detroit, Kronwall 9 (Lidstrom) 10:49
8. Ottawa, Michalek 12 (Regan, Campoli) 11:18
Penalty — Fisher Ott (tripping) 19:10.
Third Period
9. Detroit, Franzen 24 (Zetterberg, Rafalski) 0:30 (pp)
10. Ottawa, Michalek 13 (Kovalev, Regan) 0:59
11. Detroit, Franzen 26 (Rafalski, Lidstrom) 7:10
12. Detroit, Franzen 26 (Zetterberg) 19:26 (en)
Penalties — Campoli Ott (hooking) 5:59, Phillips Ott (cross-checking) 6:51, Bertuzzi Det (slashing) 16:40, Neil Ott (misconduct) 19:48.
Shots on goal by
Detroit 13 12 13-38
Ottawa 11 15 8-34
Goal (shots-saves) — Detroit: Howard (W-25-8-3); Ottawa: Lehner (19-15), Elliott (L-13-17-7) (10:49 second, 19-17).
Power plays (goals-chances) — Detroit: 2-3; Ottawa: 1-2.
Referees — Mike Leggo, Kevin Pollock. **Linesmen** — Roddy Vaughan, Mark Wheeler.
Attendance — 18,011 (19,153) at Ottawa.

Pittsburgh 4 N.Y. Rangers 3 (SO)

San Jose 5 Phoenix 3
Tampa Bay 4 Philadelphia 0
Colorado at St. Louis (ppd., storm)

Tonight's games

(all times Eastern)
Dallas at Boston, 7 p.m.
Carolina at Toronto, 7 p.m.
New Jersey at N.Y. Rangers, 7 p.m.
Nashville at Philadelphia, 7 p.m.
Calgary at Atlanta, 7 p.m.
Minnesota at Colorado, 9 p.m.

Tomorrow's games

Florida at New Jersey, 7 p.m.
Buffalo at Pittsburgh, 7 p.m.
Columbus at Detroit, 7 p.m.
Washington at Tampa Bay, 7:30 p.m.
Edmonton at St. Louis, 8 p.m.
Chicago at Vancouver, 10 p.m.

CANADIENS 3, PANTHERS 2

First Period
1. Florida, Timmins 1 (Olesz, Bernier) 7:30
Penalties — Reasoner Fla (tripping) 0:40.
Allen Fla (interference) 7:30, Spacek Mtl (slashing) 12:05.
Second Period
2. Montreal, Halpern 8 (Subban) 4:50
Penalties — Wisniewski Mtl (interference) 5:37, Wideman Fla (holding) 16:00, Wideman Fla (hooking) 19:43.
Third Period
3. Montreal, Plekanec 17 (Pacioretty) 5:46
4. Montreal, Gionta 19 (Pacioretty) 11:32
5. Florida, Weiss 15 (Frolik, Kulikov) 17:50
Penalties — Frolik Fla (high-sticking) 14:49, Gomez Mtl (high-sticking) 15:40.
Shots on goal by
Florida 6 15 14-35
Montreal 10 15 16-41
Goal — Florida: Vokoun (L-17-17-3); Montreal: Auld (W-4-2-0). **Power plays (goals-chances)** — Montreal 0-5; Florida: 0-3.
Attendance — 21,273 (21,273) at Montreal.

CANUCKS 6, COYOTES 0

First Period
1. Vancouver, Burrows 13 (D.Sedin) 3:46
Penalties — None.
Second Period
2. Vancouver, Hansen 6 (L.Sweatt, Raymond) 1:38
3. Vancouver, Hodgson 1 (Tambellini, Hamhuis) 12:06
Penalties — Kessler Vcr (roughing) 16:20, Roz-

sival Pho (hooking) 19:25.

Third Period

4. Vancouver, Kessler 29 (Samuelsson) 6:41
5. Vancouver, Raymond 10 (Samuelsson) 11:37
6. Vancouver, Kessler 30 (17:32)
Penalties — Yandle Pho (misconduct) 18:31, Glass Vcr (delay of game) 19:05.
Shots on goal by
Vancouver 8 13 12-33
Phoenix 9 8 6-23

Goal (shots-saves) — Vancouver: Luongo (W-24-8-7); Phoenix: Bryzgalov (L-19-14-6) (31-26), LaBarbera (11:37 third) (2-1).
Power plays (goals-chances) — Vancouver: 0-1; Phoenix: 0-2.
Referees — Bill McCreary, Francois St. Laurent.
Linesmen — Scott Driscoll, Dan Schachte.
Attendance — 13,157 (17,135) at Glendale, Ariz.

KINGS 3, OILERS 1
First Period — No Scoring.
Penalties — Williams LA (hooking) 6:29, Stoll LA (tripping) 11:58, Brown LA (slashing) 15:47.
Second Period
1. Edmonton, Paajarvi 7 (Gagner, Omark) 3:21
2. Los Angeles, Smyth 20 (Doughty, Johnson) 3:45 (pp)
3. Los Angeles, Smyth 21 (Doughty, Johnson) 9:47 (pp)
Penalties — Peckham Edm (delay of game) 0:39, Penner Edm (elbowing) 3:40, Peckham Edm (holding) 8:45, Mitchell LA (high-stick-ing) 10:13, Jones Edm (hooking) 17:40.

Third Period
4. Los Angeles, Johnson 5, 14:52
Missed penalty shot — Stoll LA, 4:13.
Penalties — Mitchell LA, Jacques Edm (roughing) 2:58, Doughty LA (tripping) 19:33.
Shots on goal by
Los Angeles 5 10 11-26
Edmonton 12 10 11-33

Goal — Los Angeles: Quick (W-23-14-1); Edmonton: Khabibulin (L-8-23-2). **Power plays (goals-chances)** — Los Angeles: 2-4; Edmonton: 0-5.
Attendance — 16,839 (16,839) at Edmonton.

LATE TUESDAY
CANUCKS 4, STARS 1
First Period — No Scoring.
Penalties — Ehrhoff Vcr (hooking) 3:41, Robidas Dal (cross-checking) 11:17, Kessler Vcr (holding stick) 13:04, Glass Vcr (boarding) 17:27, Neal Dal (cross-checking) 19:41.
Second Period
1. Vancouver, Samuelsson 10 (Ehrhoff, D.Sedin) 0:26 (pp)
2. Vancouver, Ehrhoff 9 (D.Sedin, Samuelsson) 3:05 (pp)
3. Dallas, Eriksson 18 (Richards, Lehtonen) 6:22
4. Vancouver, Kessler 28 (Hansen) 14:25 (sh)
Penalties — Burish Dal (roughing) 2:57, L.Sweatt Vcr (hooking) 13:18, Bieksa Vcr (tripping) 18:04.

Third Period
5. Vancouver, Burrows 12 (H.Sedin) 14:57
Penalties — None.
Shots on goal by
Vancouver 7 11 8-26
Dallas 8 9 9-26

Goal — Vancouver: C.Schneider (W-9-2-2); Dallas: Lehtonen (L-22-12-5). **Power plays (goals-chances)** — Vancouver: 2-3; Dallas: 0-5.
Attendance — 12,884 (18,532) at Dallas.

SCORING LEADERS

	G	A	PT
Stamkos, TB	39	29	68
Crosby, Pgh	32	34	66
D.Sedin, Vcr	27	39	66
St. Louis, TB	20	42	62
H.Sedin, Vcr	11	51	62
B.Richards, Dal	20	38	58
Zetterberg, Det	16	37	53
E.Staal, Car	25	27	52
Perry, Ana	25	26	51
Ovechkin, Wash	19	32	51
Eriksson, Dal	18	32	50
Kopitar, LA	16	33	49
Kessler, Vcr	28	20	48
Sharp, Chi	26	21	47
Iginla, Cal	22	25	47

Not including last night's games

CURLING

CANADIAN JR CHAMPIONSHIP

At Calgary

WOMEN

Round Robin

Province (Skip)

Alberta (Chyz)

Saskatchewan (T.Paulsen)

Manitoba (B.Meakin)

New Brunswick (Armstrong)

B.C. (Silvertown)

Northern Ont. (Johnston)

Ontario (Grandy)

P.E.I. (Fullerton)

Yukon (Koltun)

Nova Scotia (Doucet)

N.L. (Porter)

Quebec (Routledge)

NWT (Williams)

Yesterday's results

Draw 10

Alberta 5 P.E.I. 4

Manitoba 6 Northwest Territories 4

Northern Ontario 9 Ontario 8 (extra end)

Nova Scotia 9 B.C. 8 (extra end)

Saskatchewan 9 Newfoundland & Labrador 2

Yukon 12 Quebec 2

Draw 11

Saskatchewan vs. Nova Scotia; New Brunswick vs. Northern Ontario; B.C. vs. Ontario; Northwest Territories vs. Yukon; P.E.I. vs. Manitoba; Quebec vs. Alberta.

Today's games (all times Eastern)

Draw 12, 3 p.m.

Alberta vs. B.C.; Ontario vs. Saskatchewan; Manitoba vs. Yukon; Northern Ontario vs. Nova Scotia; Northwest Territories vs. Newfoundland & Labrador; Quebec vs. New Brunswick vs. Northwest Territories.

End of Round Robin

MEN

Round Robin

Province (Skip)

Saskatchewan (Moskowsky)

Ontario (Camm)

Nova Scotia (K.Thompson)

N.L. (C.Thomas)

Alberta (Hodgson)

New Brunswick (Rennie)

Yukon (T.Coffin)

Northern Ont. (Johnston)

Manitoba (Good)

P.E.I. (Pitre)

NWT (C.Miller)

B.C. (Gardner)

Quebec (Bourget)

Yesterday's results

Draw 10

Alberta 7 P.E.I. 6 (extra end)

Manitoba 9 Northwest Territories 3

Nova Scotia 9 B.C. 4

Ontario 10 Northern Ontario 7

Saskatchewan 5 Newfoundland & Labrador 2

Yukon 9 Quebec 3

Draw 11

Saskatchewan vs. Nova Scotia; New Brunswick vs. Northern Ontario; B.C. vs. Ontario; Northwest Territories vs. Yukon; P.E.I. vs. Manitoba; Quebec vs. Alberta.

Tuesday's Late Results

Ninth Draw

Manitoba 10 Quebec 6

Newfoundland & Labrador 8 B.C. 5

Northern Ontario 4 Yukon 2

Ontario 5 Nova Scotia 3

P.E.I. 7 Northwest Territories 5

Saskatchewan 9 New Brunswick 4

Today's games (all times Eastern)

Draw 12, 3 p.m.

Alberta vs. B.C.; Ontario vs. Saskatchewan; Manitoba vs. Yukon; Northern Ontario vs. Nova Scotia; Northwest Territories vs. Newfoundland & Labrador; Quebec vs. New Brunswick.

Draw 13, 7:30 p.m.

Yukon vs. Ontario; Saskatchewan vs. Alberta; B.C. vs. Manitoba; Nova Scotia vs. P.E.I.; Newfoundland & Labrador vs. Northern Ontario; New Brunswick vs. Northwest Territories.

End of Round Robin

SOCCER

ENGLAND

PREMIER LEAGUE

Yesterday's results

Birmingham 2 Manchester City 2
Blackburn 0 Tottenham 1
Blackpool 1 West Ham 3
Bolton 1 Wolverhampton Wanderers 0
Fulham 1 Newcastle 0
Liverpool 2 Stoke 0

ITALY

SERIE A

Yesterday's results

AS Roma 1 Brescia 1
Cesena 1 Catania 1
Chievo Verona 2 Napoli 0
Fiorentina 1 Genoa 0
Palermo 2 Juventus 1
Parma 0 Lecce 1
Sampdoria 0 Cagliari 1
Udinese 1 Bologna 1

SCOTLAND

PREMIER LEAGUE

Yesterday's results

Hibernian 2 St. Mirren 0
Motherwell 0 Kilmarnock 1
Rangers 1 Hearts 0

SPAIN

COPA DEL REY

SEMIFINALS — RETURN LEG

Yesterday's results

Almeria 0 Barcelona 0
(Barcelona advances on 8-0 aggregate)
Real Madrid 2 Sevilla 0
(Real Madrid advances 3-0)

TENNIS

ATP PBZ ZAGREB INDOORS

At Zagreb, Croatia

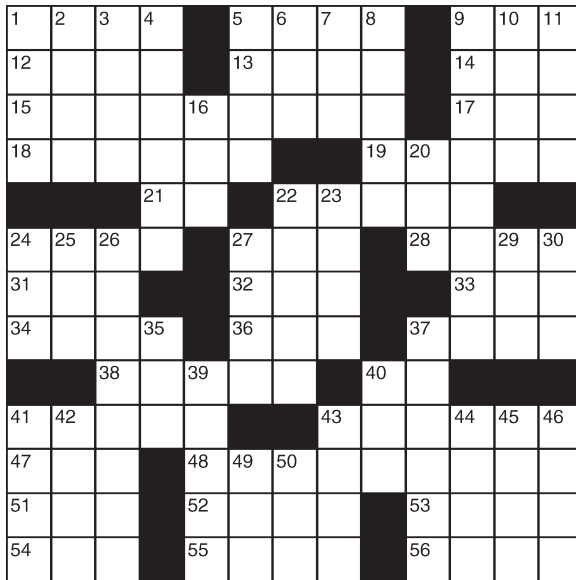
Crossword

Across

1 Tranquil
5 Ointment
9 — de deux
12 Do as you're told
13 Pelvic bones
14 Joan of —
15 Rag
17 Shell-game item
18 Respectable people?
19 Glisten
21 "Behold!"
22 Dim, as with tears
24 Vex
27 Cattle call
28 Molt
31 D.C. VIP
32 Fall back
33 Rd.
34 Fellows
36 Rushmore figure
37 Ragout or rata-touille
38 Unhealthily pale
40 "I see"
41 SeaWorld attraction
43 Big flop
47 Chance
48 Tatum O'Neal's first movie
51 Tramcar contents
52 Verve
53 Felipe of baseball
54 Apiece
55 Tear in two
56 Untouchable Eliot

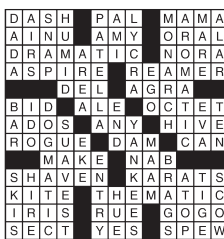
Down

1 Scoop holder
2 First victim
3 Naughty
4 Yours truly

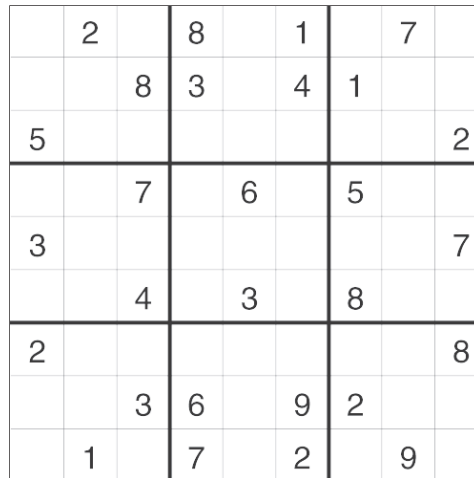


5 Prejudice
6 Matterhorn, for one
7 Whopper
8 Mrs. Homer Simpson
9 Wearable origami?
10 Neighborhood
11 Con
16 Expert
20 Part of UNLV
22 Coventry cop
23 Earring locale
24 Fuel economy stat
25 Debtor's letters
26 Zapper ancestor
27 Vegan's no-no
29 2-Down's mom
30 Morning moisture
35 Our uncle
37 Tribal magician
39 "Great!"
40 Melody
41 Buy stuff
42 Aesopian also-ran
43 Stave (off)
44 Unrivaled
45 Dove's vocabulary
46 Responsibility
49 Brewery product
50 Skillet

► Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

► Yesterday's answer

2	1	9	7	4	8	5	3	6
8	7	5	3	9	6	2	1	4
6	4	3	1	2	5	7	8	9
1	5	2	9	8	3	4	6	7
7	3	4	5	6	2	1	9	8
9	6	8	4	7	1	3	2	5
5	8	1	6	3	4	9	7	2
3	2	7	8	5	9	6	4	1
4	9	6	2	1	7	8	5	3

A look at the weather

TODAY	FRIDAY	SATURDAY
Min -2° Max 5°	Min -1° Max 6°	Min -6° Max 2°

Andrew Schultz, Meteorologist

"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta." WEEKDAYS 6AM



Today's horoscope

♈ Aries March 21-April 20 Just because something is wrong for other people, does not mean it is wrong for you. Today's new moon will encourage you to be more adventurous in your thinking.

♉ Taurus April 21-May 21 Cosmic activity on and around the midheaven angle of your chart increases your chances of material success. Don't hold back. Your desires are valid and valuable. Embrace them.

♊ Gemini May 22-June 21 Your confidence is at a high, but other aspects warn you need to supplement that confidence with both subtlety and strength of character. To get what you desire, try giving others what they desire first.

♋ Cancer June 22-July 22 You've kept your head down lately, but you will be less fearful today about the path you are planning to take. Yes, of course, some people won't like it, but do they matter?

♌ Leo July 23-Aug. 23 Don't just assume that people know what you are talking about. Make sure they get the message. Spell things out for them in plain and simple language, as you might for a child.

♍ Virgo Aug. 24-Sept. 22 As Mercury, your ruler, changes signs today so it might be wise to take a look at your working routine. Common sense tells you that you cannot possibly get everything done in one mad rush, so don't risk it.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♎ Libra Sept. 23-Oct. 23 Good news of one sort or another will come your way over the next 24 hours, but it's really not unexpected. The new moon in Aquarius means a new start is not only possible but hugely desirable.

♏ Scorpio Oct. 24-Nov. 22 Don't waste time giving a loved one advice. He or she won't listen. Just let him or her get on with it and be there to pick up the pieces when it goes wrong.

♐ Sagittarius Nov. 23-Dec. 21 You seem to be in a carefree mood at the moment and long may it continue. Social events and travel plans are under excellent stars today, so get out and about.

♑ Capricorn Dec. 22-Jan. 20 You must be honest in all your dealings today, especially those that involve money. You'll be rewarded if you make sure everyone benefits.

♒ Aquarius Jan. 21-Feb. 18 Not only is there a new moon in your sign today but Mercury, planet of the mind, moves into your sign, too. That suggests you know exactly what you should be doing and exactly how it must be done.

♓ Pisces Feb. 19-March 20 If you look for reasons to work with others, rather than against them, you'll find that everything runs smoothly over the next 24 hours. Remember, too, that not everyone is perfect. **SALLY BROMPTON**

Caption contest



"I think we need more oil."
CAPPS

WIN! You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.



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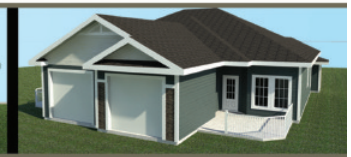
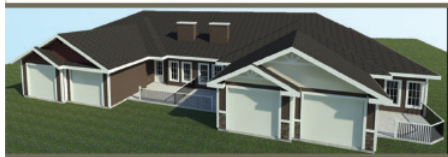
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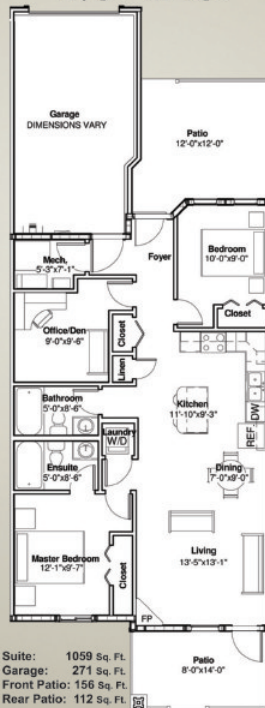
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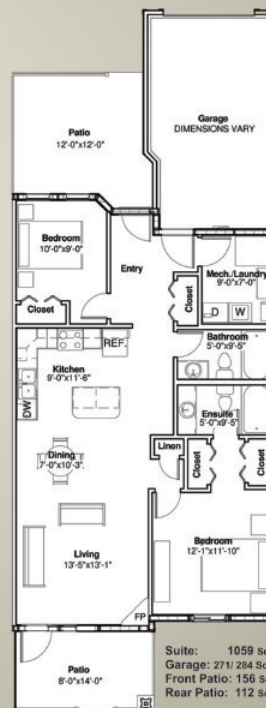
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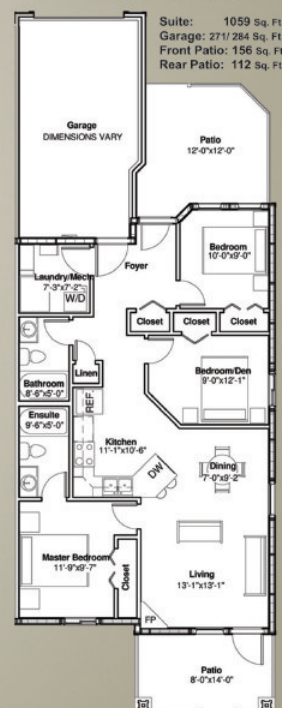
The Purcell



The Victoria



The Selkirk



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